

Farm



Fresh

December 2003

Available Now...

Honey

Dress up your holiday dishes with Colorado honey! In 2002 Colorado's 24,000 bee colonies produced 1.4 million pounds of honey valued at more than \$1.7 million.

According to the National Honey Board, bees may travel as far as 55,000 miles and visit more than two million flowers to gather enough nectar to make just one pound of honey.



Look for Colorado honey at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Pork Tenderloin with Onion Honey Marmalade

Colorado Chef Scott Smith, Johnson & Wales University, Denver

1½ lb. Pork tenderloin, fat removed

Rub

- 1 tbsp. Onion flakes
- 1 tbsp. Onion powder
- 2 tsp. Ground thyme
- 2 tsp. Salt
- 1 tsp. Ground allspice
- ¼ tsp. Ground nutmeg
- ¼ tsp. Ground cinnamon
- 2 tsp. Sugar
- ¼ tsp. Ground black pepper
- ¼ tsp. Ground cayenne

Onion Marmalade

- 1/3 lb. Red onion, finely chopped
- 4½ tsp. Olive oil
- 1 tbsp. Honey
- 4½ tsp. Red wine vinegar
- 1 tbsp. Water

Rub

Combine all ingredients together and mix well, set aside.

Onion Marmalade

In saucepan, sauté onions in oil over medium heat. Stir until onions become tender, about 15 minutes. Add honey and cook, stirring for one minute. Add vinegar, simmer until all liquid is evaporated or reduced. Add water, simmer until mixture is slightly thickened and onions are very tender, approximately 10 minutes. Season marmalade with salt and pepper; set aside.

Pork tenderloin

Coat the outside of the pork with rub mixture and allow to rest five minutes before grilling. Place pork on grill or barbecue and turn every five minutes until internal temperature reaches 155°F (about 15 to 20 minutes). Transfer meat to cutting board and let stand five minutes before slicing. Slice pork into thin slices and place on plate. Top with warm marmalade.

Enjoy with a Colorado wine, such as a glass of Riesling from Pikes Peak Vineyards, located in Colorado Springs, Colorado.

Next Month... Elk